



# MAKE A KIT



Every individual and family has needs that are unique to them. It is important to prepare and plan accordingly. Check your kit at least every six months. Replace expired items and consider the changing needs of your family.

## ASSEMBLE AN EMERGENCY KIT

- Make several kits- one for home, work and your vehicle.
- Be prepared to have at least three days of supplies in case of an emergency.
- Have copies of your family's vital records: identification, proof of residency, insurance, medical and financial information.
- Keep electronic devices charged and have backup chargers available for electronic devices.

## INFANT / TODDLER

- Formula/ Bottles/ Pacifiers
- Milk/ Juice/ Food/ Snacks/ Baby Food
- Utensils/ Bowls/ Sippy Cup
- Diapers/ Wipes/ Diaper Cream
- Medication
- Clothes/ Socks
- Blankets
- Activities/ Toys
- Baby Carrier/ Stroller
- Hand Sanitizer/ Sanitizing Wipes

## PRE-K

- Milk/ Juice
- Food/ Snacks
- Utensils/ Cups
- Medication
- Clothes/ Socks
- Blankets
- Activities/ Toys/ Stuffed Animal
- Hand Sanitizer/ Sanitizing Wipe

## SCHOOL AGED

- Milk/ Juice
- Food/ Snacks
- Utensils/ Cups
- Medication
- Clothes/ Socks
- Blankets
- Activities/ Games/ Books
- Hand Sanitizer/ Sanitizing Wipe
- Glasses/ Contacts

## ADULT

- Water
- Canned Food/ Can Opener/ Snacks
- Personal Hygiene Products
- Trash Bags/ Gloves
- Battery Powered Weather Radio
- Extra Batteries
- Flashlight/ Whistle
- Blankets
- Tools
- First Aid Kit/ Protective Mask
- Glasses/ Contacts
- Backpack
- Important Documents for your family

## INDIVIDUALS WITH SPECIAL NEEDS

- \* **Tailor your kit to your needs and add to the list from above as needed**
- Include Assistive Technology and Device Instructions
- Backup power supply for medical equipment
- Emergency Health Information
- Caregiver/ Emergency Contact Information
- Essential Medications

## PETS AND SERVICE ANIMALS

- Name Tags/ Leash
- Medication/ Vet Records/ Vet Contact Info
- Recent pictures of you with your pet
- Food/ Snacks/ Water
- Pet Carrier
- Toys/ Blankets

## KIT FOR YOUR VEHICLE

- \* **In addition to a basic kit, add these extras for your car**
- Jumper Cables
- Flares or Reflective Triangle
- Ice Scraper
- Car Charger for Electronic Devices
- Sand for Better Tire Traction
- Local Maps
- First Aid Kit
- Tools/ Flashlight
- Battery Powered Radio/ Extra Batteries
- Poncho/ Blanket/ Handwarmers

## KIT FOR WORK- STORE IN A BACKPACK

- Food
- Water
- Emergency Health Information/ Medications
- Change of Clothes
- Comfortable Walking Shoes
- Flashlight
- Battery Powered Radio/ Extra Batteries
- Personal Hygiene Items
- First Aid Kit



To request this information in an alternate format, contact the Office of Emergency Management at 571-350-1000, TTY 711 or OEM-Outreach@fairfaxcounty.gov

# MAKE A PLAN

Use this information to write down your family's emergency plan. Post a copy where family members can see it, and put a copy in your emergency kits.

## CREATE AND REVIEW THE PLAN

- A family plan helps assure that everyone knows who to contact and where to meet during an emergency. A plan should include:
  - o Name and contact information of family members- local and out of town.
  - o Workplace and school contact numbers.
  - o Wallet card with key contact numbers.
  - o Identify meeting locations if displaced- local and out of town.
  - o Review the plan as a family.
  - o Utilities contact information
    - gas, electric, telephone, etc.
  - o Know your child's school/daycare emergency plan.

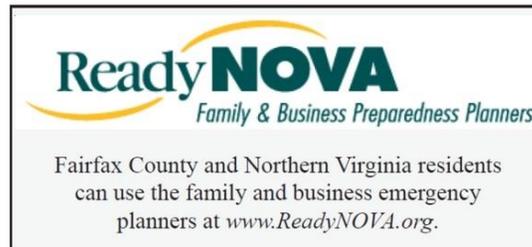
## SHOULD I STAY OR SHOULD I GO?

- Depending on the hazard, it may be safer to stay where you are or to get away to stay safe. Listen to local authorities and use common sense when implementing your plans.
- Shelter in Place
  - o Know how and when to shut-off utilities.
  - o Pre-designate an interior room with few or no windows where you and your family can stay and keep an emergency supply kit that can be easily taken there.
  - o If necessary "seal the room" by covering all windows, doors and air vents with plastic sheeting and duct tape.



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- o Watch TV or listen to the radio for official news as it becomes available.
- Evacuation Plan
  - o Determine meeting locations to reunite with your family. Keep a map in your vehicle that clearly identifies evacuation routes and alternate relocation sites.
  - o Prepare emergency kits for your vehicles.
  - o Listen to local news for up-to-date information



# STAY INFORMED

If we can't reach you, we can't alert you!

## FAIRFAX ALERTS

- Sign up for Fairfax Alerts to receive FREE alerts and important information during an emergency via email, cell phone or text.
- Customize your Fairfax Alerts:
  - o Get alerts on up to 10 devices such as cell phone, home phone or email.
  - o Receive alerts for 5 geographic locations
  - o Weather, traffic and emergency alerts
  - o Mobile app available
  - o Functional Needs Registry
- Sign up at [fairfaxcounty.gov/alerts](http://fairfaxcounty.gov/alerts)

## GET EMERGENCY INFORMATION

- Fairfax County Emergency Management Website:  
[fairfaxcounty.gov/emergencymanagement](http://fairfaxcounty.gov/emergencymanagement)
- Fairfax County Emergency Blog:  
[fairfaxcountyemergency.wordpress.com](http://fairfaxcountyemergency.wordpress.com)
- Facebook and Twitter: @FairfaxCounty
- Department of Homeland Security: Ready.gov
- Get a NOAA Weather Radio to receive weather warnings directly from the National Weather Service.

## COMMUNICATING DURING AND AFTER A DISASTER

- Texting and email are good ways to keep in touch during a disaster. You can also use social media to let friends and family know you are okay.
- Keep any phone calls brief-just share vital information.
- Conserve battery power on electronic devices

